



Intermittent Self-Catheterization: Procedure for Men

Diet

A low-calcium diet helps a very small number of people who excrete calcium in their urine. Your doctor may recommend a low-calcium diet if he or she feels that it will benefit you. If you need such a diet, check with a dietitian to help you choose foods.

Liquid

Drink at least 2 quarts of liquid daily. Drink cranberry juice, and limit your citrus juice intake to 4 to 6 ounces daily. Adequate liquid intake will help prevent urinary tract infection.

Catheterization

Unless you are told otherwise, try to urinate before catheterization. The number of times you will have to use the catheter depends on your liquid intake. Usually, you must catheterize yourself every 6 hours. Your doctor or nurse will change your schedule depending on the amount of urine passed and the amount obtained from catheterization.

Technique

When you are at home, use clean equipment and clean technique. Sterile equipment is used when you are in the hospital and is sometimes recommended for recurrent or chronic urinary tract infections. Practice catheterization with a nurse until you are able to perform the procedure by yourself.

Records

Record the amount of liquid you drink and the amount you urinate or obtain from catheterization. Check urine for a strong odor or particles of blood. Notify your doctor of such changes in your urine as quantity usually urinated, difficulties with catheterization, or signs of urinary tract infection (fever, chills, back pain, strong-smelling or cloudy urine). Your intake and output record will help the doctor and nurse evaluate your care needs. See the sample intake and output record in your booklet. Urine output should not be more than 1 liter (1 quart equals 1,000 cc) at a time. A lot of urine output may mean that you need catheterization more often.

Medications

To prevent infections, your doctor may prescribe medications to lower the amount of bacteria in your urine.

Preparation

Gather your equipment

1. **Straight catheter or Coudé.**

A new catheter is needed about once a month or when the one being used is brittle. You may need a Coudé catheter. Your nurse or doctor will let you know.

2. **Soap and water.**

Use only package soap pads for trips or when you are in a hurry.

3. Clean washcloth

4. water-soluble lubricant.

Do not use a petroleum-based lubricant such as Vaseline.

5. Pan for boiling equipment

6. Plastic bag for used catheters

7. Plastic bag for clean catheters

8. urinal (if a toilet is not used)

Procedure

1. Gather equipment and place it on a clean towel.

2. Urinate if you can.

3. Prepare your clothing. Make sure your clothes are away from your body and that you have enough light to see well.

4. Wash your hands well with soap and water. This reduces bacteria and prevents infection.

5. Lubricate the catheter's end for easier insertion.



6. Wash the end of the penis thoroughly with soap and water. This reduces bacteria and prevents infection.



7. Grasp the penis, hold it erect, and insert the catheter slowly about 6 inches: about 1 inch past the place where urine starts to flow.,



8. Place the other end of the catheter into a urinal or container. If using a Coudé, insert it with the bent tip pointing upward.

9. Allow all urine to drain. Measure drainage if an output record is needed.

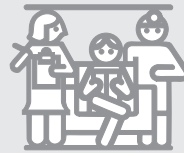
10. Press down with your abdominal muscles to

help empty the bladder. Pressing or massaging the area over the bladder may enhance emptying.

11. After urine flow stops, remove the catheter slowly. Continue to hold the penis and catheter upright.

12. Wash the catheter with soap and water, and place it in a plastic bag for used catheters.

13. Sterilize the catheter after each use by boiling it in water for 20 minutes. After it cools, place it in a plastic bag. Use each catheter only once. Have four to six catheters in use, and sterilize them together.



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